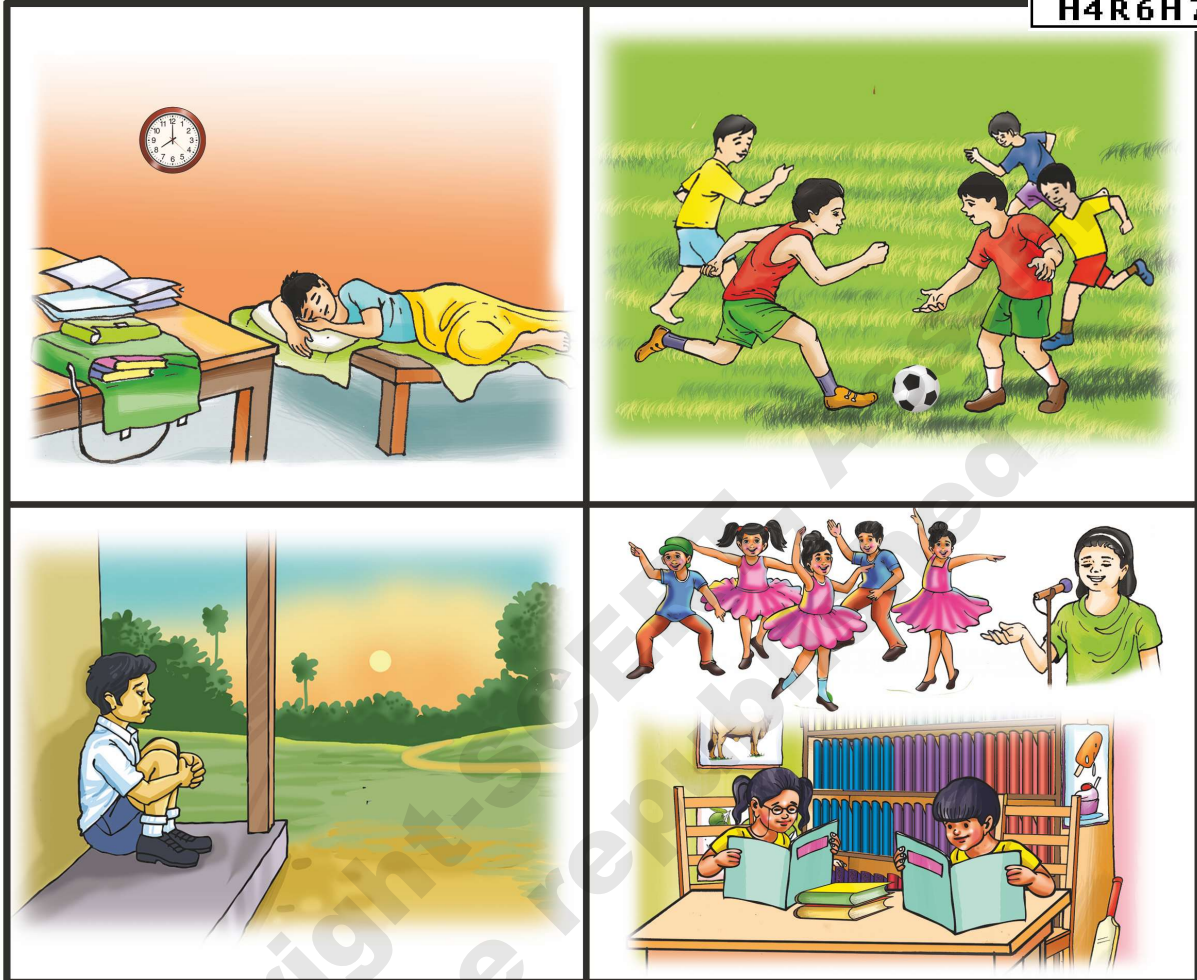


Lesson- 5

Health and Care



Look at the pictures above and think what you have understood from them and discuss in groups-

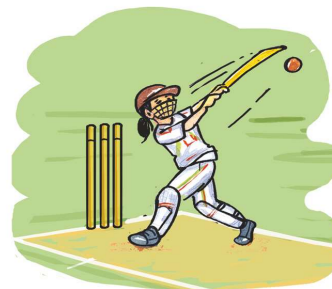
Sickness makes our body weak. In that condition, our body loses energy to play or concentrate in our studies. Similarly, if we are unhappy for any reason, we do not have the spirit for works such as playing, studying etc. If our body is healthy, it encourages us to do all kinds of work.

What is meant by being healthy?

To be healthy means when one is able to do the day to day activities like playing, studying etc. with energy and does not fall sick easily. To call a person healthy, besides from having a disease free body, he should also have a cheerful mind to do the works with joy and inspiration.

- Write down the kinds of work you do to keep yourself healthy.

To maintain good health we should take care of our body. Apart from this we should also follow certain rules and regulations to keep ourselves healthy.



Let us observe the pictures and write-

- Observe and discuss in groups on the pictures above and prepare a list on the various activities performed.

- **'Health is our ultimate treasure'** — Explain the statement with the help of your teacher.

Yoga and Meditation: Regular yoga and meditation improves body and mind. Yoga and meditation helps to increase concentration. You should do yoga and meditation regularly to increase your concentration in games and sports, studies etc.

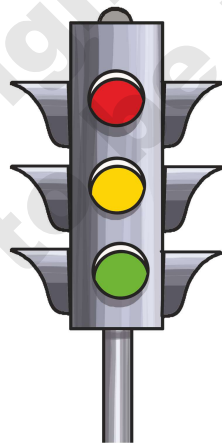
Accidents and first aid:

To keep ourselves free from diseases, it is essential to take care of our health, eat a balance diet, follow the rules of health care living. In addition to it we should be careful in doing our day to day work. If we are not careful, our body may be injured in many ways.

We all do various things from waking up in the morning till going to bed at night. Sometimes, while playing or doing other minor activities we suddenly get hurt/injured. Such sudden and unexpected injury are known as **accidents**. Always be careful to avoid sudden accidents. Most of the accidents happen because of our carelessness. By following the rules given below we can reduce the chances of accidents.

We should always walk on our left hand side on the road. While crossing the road, we should look towards our front and back, left and right as required and cross the road only after making sure that no vehicles are running on the road. It is very important to follow the 'traffic signals' on the road.

What does the colour of traffic light mean?



- Red means stop.
- Yellow means be ready.
- Green means go.





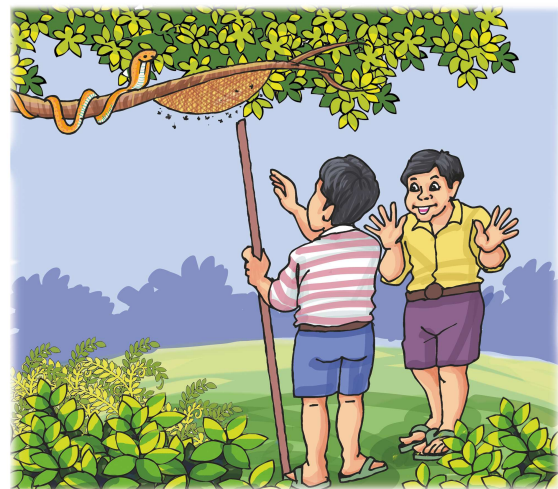
We should never play with fire, match sticks etc. You should not come too close to fire. If you do so, the clothes that you are wearing may catch fire and accident may happen.

You should never touch electrical equipments and electrical switches with wet hands and bare feet. Touching the electrical appliances like table fan, heaters etc. while they are switched on may lead to electrocution and accidents.



You should not go for swimming in rivers, ponds etc. without the permission of your parents or elders of your home.

Snakes, bees etc. should not be disturbed. If they get irritated they may bite which will cause accident.



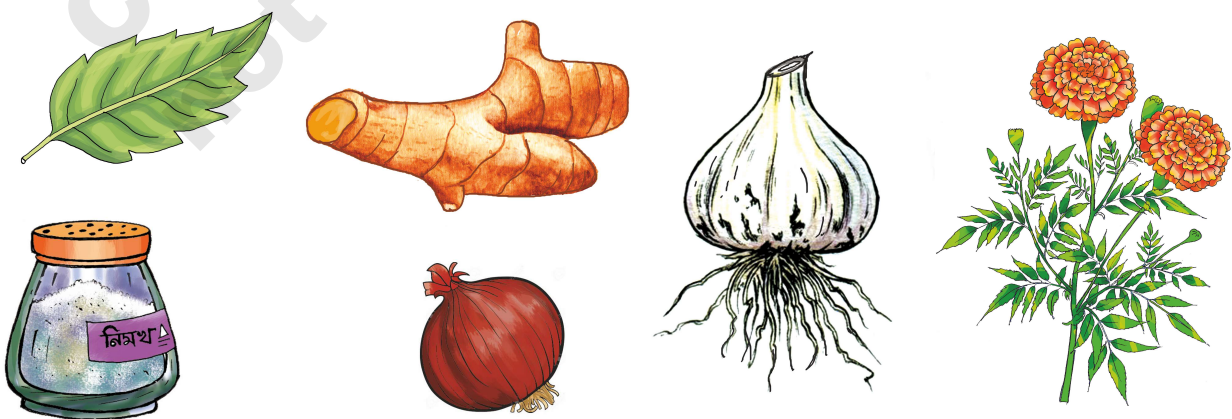
It is sometimes seen that children get injured while playing. So you should be careful while playing.

What precautions should be taken while playing?

- We should not play in the areas where there are stones, pieces of broken glass, nails etc.
- We should not play in uneven places.
- We should not play at the river banks, near fire, wet and slippery areas and in jungle areas.
- We should not play with sticks, knives or fire in hand.
- We should not throw anything that can hurt others while playing.
- We should not pull or push unnecessarily while playing and should never hurt each other.

Accidental injuries can sometimes be mild and sometimes severe. When the injury is minimal, it can be treated and cured at home. We call it **First Aid**. On getting different kinds of injuries, we can take up some immediate preliminary health care measures.

While working or playing sometimes we may get hurt or cut our finger. Sometimes we may sprain our hands and feet. Again sometimes bee, wasp, ant etc. can also bite us. In this situation we can provide first aid by using the plants, leaves, flowers etc. For example- with the leaves of marigold plant, 'bisalyakarani' etc. we can treat minor cuts in our body and get cured. If we sprain our hands and feet, we can apply ice or turmeric paste and get rid of the pain. In case of bee, wasp bite, we can apply garlic and onion juice in the swollen area to get rid of the pain. In case of leech bite, the leech can be removed by applying salt.



Know from your parents/grand-parents/teachers and write-

- How can you provide first aid as soon as someone gets hurt?

Injuries	What do we need to do
Getting cuts on any part of our body. Burn injury Sprain on hands and feet Bee and wasp stings Leech bite	

Think and say-

- While playing together, one of your friends suddenly gets hurt with a sprain on her feet. What will you do in such a situation?

Discuss in groups and write-


- Have you ever had any kind of accident? What precautions would have prevented you from such accidents?
- Which of the following should be done in case of snake bite and why?
 - Should go to a local medical practitioner and get treatment by enchanting mantras.
 - Should be taken to a medical centre immediately.
 - The snake should be killed.

We can treat the injured area of our body with first aid. In addition to it, in case of serious accidents, first aid is provided to the injured person to prevent further deterioration of health before reaching the medical centre. If there is no improvement of health condition even after providing first-aid, he/she should visit a doctor.

Let us make a first aid box-

There should be a first aid box at school and at home so that immediate treatment can be provided in case of an accident. First aid box can be prepared with the help of the following materials. Make a first aid box with the help of your teacher or an adult.

In case of sudden injury, some of the important things that can be used easily for treatment are as follows-

- ★ Pure cotton
 - ★ Bandage or clean cloth
 - ★ Gloves
 - ★ Thermometer
 - ★ Liquid antiseptic
 - ★ Antiseptic ointment
 - ★ Pain relieving ointment
 - ★ A small pair of scissors.
- 

In this way if we keep all the required items in a small box we can get it whenever it is required and the things will also remain good. In order to make the first aid box easily recognised by everyone, a big red plus sign is drawn on the back side of the box.

The facility to provide immediate treatment of an injury without the help of a doctor is called first aid.

Exercise

1. (a) What are the things that should be kept in a first aid box?
(b) What are the rules that should be followed while walking on a road?
(c) What happens if we do yoga and meditation?
(d) What precautions should be taken while playing?
2. Fill in the blanks-
(a) Minor injury in the body can be treated with the help of _____.
(b) When we are sick our body becomes _____.
(c) Sudden and unexpected injury are known as _____.
(d) Do not touch _____ and _____ with wet hands.
3. Find out the correct answer-
(a) Treatment provided immediately after injury without a doctor's help is called sudden aid/first aid.
(b) We should/should not play in an uneven land.
(c) While walking on the road, we should always walk to our left hand side/right hand side.
(d) We should sit near/far from the fire.
4. What are the things that we should do to keep ourselves healthy?
5. Organize a group discussion-

Topic: Need for first-aid

